

Raleigh Parks & Recreation Adult Tennis

Spring 2012



Adult Instruction

Adult Level 1

Age: 18yrs and up. No experience needed! Forehand + backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score + play a full court set. Fee: \$96 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

#119004 Mar 12-Apr 18 M,W 10:00-11:00am
#119009 Mar 12-Apr 18 M,W 6:00-7:00pm
#119005 Mar 12-Apr 18 M,W 7:00-8:00pm
#119003 Mar 13-Apr 19 T,Th 11:00-12:00pm
#119006 Mar 13-Apr 19 T,Th 7:00-8:00pm
#119007 Mar 10-Apr 21 Sa 9:00-10:00am

Lake Lynn Community Center

#118987 Mar 12-Apr 18 M,W 6:00-7:00pm
#119008 Mar 10-Apr 14 Sa 9:00-10:00am

Kentwood Park

#119002 Mar 12-Apr 18 M,W 6:00-7:00pm
#118990 Mar 10-Apr 14 Sa 10:00-11:00am

Lions Park

#118994 Mar 10-Apr 14 Sa 10:00-11:00am

Biltmore Hills Community Center

#119000 Mar 13-Apr 19 T,Th 5:30-6:30pm

Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$96 Weekday/\$48 Sat

Millbrook Exchange Tennis Center

#119010 Mar 12-Apr 18 M,W 11:00-12:00pm
#119017 Mar 12-Apr 18 M,W 6:00-7:00pm
#119018 Mar 13-Apr 19 T,Th 10:00-11:00am
#119019 Mar 13-Apr 19 T,Th 7:00-8:00pm
#119020 Mar 10-Apr 21 Sa 10:00-11:00am

Lake Lynn Community Center

#119021 Mar 13-Apr 19 T,Th 6:00-7:00pm

Adult Cardio – All Levels

Age: 18yrs and up. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class. Class Fee: \$48

#119036 Mar 13-Apr 17 T 9:00-10:00am
#119037 Mar 15-Apr 19 Th 9:00-10:00am
#119041 Mar 16-Apr 27 F 9:00-10:00am

Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin + slice serving. To advance, players must be at the 3.5 level or be able to hit topspin+underspin and slice serves. Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#119027 Mar 12-Apr 18 M,W 7:00-8:00pm
#119028 Mar 13-Apr 19 T,Th 6:00-7:00pm
#119029 Mar 10-Apr 21 Sa 11:00-12:00pm

Lake Lynn Community Center

#119026 Mar 12-Apr 18 M,W 8:00-9:00pm

Adult Level 3.5 Drills

Age: 18yrs and up. Must be at the NTRP 3.5 level or able to hit topspin+underspin on ground-strokes, underspin volleys and slice serves. This is a class which will work on all of your strokes. To graduate, you must be 4.0 level. Fee: \$96 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

#119033 Mar 13-Apr 19 T,Th 6:00-7:00pm
#119031 Mar 10-Apr 21 Sa 12:00-1:00pm

Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Fee: \$96

Millbrook Exchange Tennis Center

#119035 Mar 12-Apr 18 M,W 7:00-8:00pm

Adult Competition

Singles Ladder

Age: 18yrs and up. Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. Class Fee: \$24

Mar 5-May 7

#119595 Women's 2.5 #119590 Men's 3.0
#119596 Women's 3.0 #119591 Men's 3.5
#119597 Women's 3.5 #119592 Men's 4.0
#119598 Women's 4.0/4.5 #119593 Men's 4.5
#119594 Coed Open

Women's Morning Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be 8 courts or more of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week.

Class Fee: \$40

#119096 Mar 7-May 16 W 9:30-11:30am

RATL Doubles League

Age: 18yrs and up. This is an NTRP level league for doubles teams weekday evenings at 6:45pm. Team matches consist of 3 mixed doubles matches. Park, club and subdivision teams play one match a week on the same day each week. Teams must sign up in person or by mail. Class Fee: \$75

Club or Subdivision Team Fee

#119113 Mar 5 or #119114 Mar 5

Tennis – Free Play For Seniors

Location: Millbrook Tennis Center

Age: 55yrs and up. Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play. Class Fee: \$0

#119116 Jan 2-Apr 30 M,Th 9:00am-12:00pm

Tennis – Free Play For Adults

Location: Biltmore Hills Community Center

Age: 18yrs and up. This program is held at Biltmore Hills Tennis Courts on Tuesday and Thursday evenings throughout the year. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play. Class Fee: \$0

Biltmore Hills Tennis Courts

#119124 Jan 3-Apr 26 T,Th 6:30-9:00pm

New Policy Changes - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4129.



Raleigh Parks & Recreation Junior Tennis

Spring 2012



Junior Instruction

Tennis Jr. Tiny Tots

Age: 4-6yrs. Eye-hand coordination games + fine motor skills are the focus of this fun intro class. Class Fee: \$48 Weekday/ \$24 Sat.

Millbrook Exchange Tennis Center

#118819 Mar 12-Apr 18 M,W 4:00-4:30pm
#118820 Mar 12-Apr 18 M,W 4:30-5:00pm
#118821 Mar 13-Apr 19 T,Th 5:00-5:30pm
#118822 Mar 10-Apr 21 Sa 11:00-11:30am
#118823 Mar 10-Apr 21 Sa 11:30-12:00pm

Lake Lynn Community Center

#118824 Mar 12-Apr 18 M,W 5:30-6:00pm
#118825 Mar 13-Apr 19 T,Th 4:30-5:00pm

Tennis Jr. Level 1

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set.

Class Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#118921 Mar 12-Apr 18 M,W 4:00-5:00pm
#118897 Mar 12-Apr 18 M,W 5:00-6:00pm
#118923 Mar 12-Apr 18 M,W 6:00-7:00pm
#118922 Mar 13-Apr 19 T,Th 4:00-5:00pm
#118898 Mar 13-Apr 19 T,Th 5:00-6:00pm
#118924 Mar 13-Apr 19 T,Th 6:00-7:00pm
#118925 Mar 10-Apr 21 Sa 9:00-10:00am
#118926 Mar 10-Apr 21 Sa 10:00-11:00am
#118927 Mar 10-Apr 21 Sa 11:00-12:00pm

Lake Lynn Community Center

#118929 Mar 12-Apr 18 M,W 4:30-5:30pm
#118928 Mar 13-Apr 19 T,Th 5:00-6:00pm
#118930 Mar 10-Apr 14 Sa 10:00-11:00am
#118931 Mar 10-Apr 14 Sa 11:00-12:00pm

Kentwood Park

#118932 Mar 10-Apr 14 Sa 9:00-10:00am
#118920 Mar 12-Apr 18 M,W 5:00-6:00pm

Lions Park

#118912 Mar 10-Apr 14 Sa 9:00-10:00am
#118911 Mar 13-Apr 19 T,Th 5:00-6:00pm
#118918 Mar 13-Apr 19 T,Th 4:30-5:30pm

Tennis Jr. Level 2

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#118936 Mar 12-Apr 18 M,W 4:00-5:00pm
#118937 Mar 12-Apr 18 M,W 5:00-6:00pm
#118934 Mar 13-Apr 19 T,Th 4:00-5:00pm
#118945 Mar 13-Apr 19 T,Th 5:00-6:00pm
#118944 Mar 10-Apr 21 Sa 9:00-10:00am
#118946 Mar 10-Apr 21 Sa 10:00-11:00am

Lake Lynn Community Center

#118947 Mar 13-Apr 19 T,Th 4:00-5:00pm

Tennis Jr. Level 3

Age: 10-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

Class Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#118948 Mar 12-Apr 18 M,W 5:00-6:00pm
#118953 Mar 13-Apr 19 T,Th 4:00-5:00pm
#118949 Mar 10-Apr 21 Sa 11:00am-12:00pm

Tennis Jr. Level 4

Age: 12-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$96/\$48

Millbrook Exchange Tennis Center

#118957 Mar 13-Apr 19 T,Th 5:00-6:00pm
#118955 Mar 10-Apr 21 Sa 12:00-1:00pm

Tennis Junior Instruction 8U

Age: 6-8yrs. Juniors aged 6-8 who are able to serve 8 out of 10 in from the 8U baseline, keep score and have played a match are invited for this intermediate level 8U class.

Class Fee: \$96

Millbrook Exchange Tennis Center

#118972 Mar 12-Apr 18 M,W 4:00-5:00pm

Tennis Junior Instruction 10U

Age: 8-10yrs. Juniors aged 8-10 who are able to serve 8 out of 10 in from the 10U baseline, keep score and have played a match are invited for this intermediate level 10U class. Class Fee: \$96

Millbrook Exchange Tennis Center

#118978 Mar 12-Apr 18 M,W 5:00-6:00pm

Junior Competition

USTA Jr. Team Tennis

8U/10U

Come to try outs Tuesday or Wednesday February 7th or 8th 4:30pm at Millbrook Exchange Tennis Center to be placed on a team. Practices run Fridays 5-6:30pm starting March 2 and matches are Saturdays 9-10:30am starting March 10th finishing with the tournament May 5-6. Players must also pay USTA annual membership(\$20) + local league fee (\$10). Class Fee: \$60

#118960 **8U Beginner**
#118969 **8U Intermediate**
#118959 **10U Beginner**
#118963 **10U Intermediate**
#118958 **10U Advanced**

12U/14U/18U

Come to try outs Tuesday or Wednesday February 7th or 8th 4:30pm at Millbrook Exchange Tennis Center to be placed on a team. Practices run once a week after school starting the week of February 27 and matches are on Saturday mornings starting March 10th finishing with the tournament May 4-6. Players must also pay USTA annual membership (\$20) + local league fee (\$10). Class Fee: \$60

#118962 **12U Bronze**
#118968 **12U Silver**
#118961 **14U Bronze**
#118967 **14U Silver**
#118964 **18U Silver**
#118966 **18U Gold**
#118965 **18U Top 80 Ranked**

For more info go to facebook.com/raleighjtt

Tennis Jr. Tournament Team

Age: 8-18yrs. This group will workout and train for tournaments with the intention of establishing or improving their state ranking. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina Level 5 Futures tournaments.

Lake Lynn. Class Fee: \$168

#118970 Mar 13-Apr 26 T,Th 7:00-8:30pm

For more information about Raleigh Parks and Recreation visit our webpage at www.raleighnc.gov

Follow us on Twitter @raleighparks and Facebook.com/raleighparks

Inclement weather - To check for cancellations due to weather, please visit www.raleightennis.com, click "City Programs"
For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4129.